



Chicken Alfredo Pasta

Creamy Alfredo pasta with tender chicken and broccoli—pure comfort

SERVING
SIZE:
2

CALORIES/
SERVING:
500

PROTEIN/
SERVING:
38g

INGREDIENTS

- 8 oz Diced Chicken
- 2 Cups Rotini Pasta
- 8 oz Alfredo Sauce
- 4 oz Broccoli

MORE INFO

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Nutrition And
Recipe Info.



BOIL

1. In a medium size pot, bring 6 cups of water to a boil. Add rotini pasta and cook to desired doneness, 7-9 minutes. Drain and set aside.

HEAT

1. In a medium size pan, heat alfredo sauce over medium-low heat.

ADD

1. Add cooked chicken to sauce and heat through until chicken temperature reached 165.

FOLD

1. Fold in cooked rotini and season to taste with salt and pepper.

TOSS

1. Toss your broccoli with 1-2 Tbsp oil, salt, and pepper. Lay broccoli out in a single layer on baking sheet and roast in the oven at 375 for 5-10 minutes. (You can also choose to steam the broccoli on the stove top if preferred)

ENJOY

1. Cooked broccoli can be folded in or enjoyed on the side.
2. Enjoy



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